



# Mizell Senior Center March 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>▲</b> = High Sodium Day			<b>1</b> Meatloaf Dinner Scalloped Potatoes Winter Blend Vegetables Wheat Roll Diced Peaches, Milk	<b>2</b> Baked Cod Brown Rice Pilaf Carrots Wheat Roll Yogurt, Juice, & Milk
<b>5</b> Chicken Tamale Pie Green Beans Churros Orange, Milk	<b>6</b> Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk	<b>7</b> Chicken Parmesan Fettuccini Cauliflower Blend Wheat Roll Banana, Milk	<b>8</b> Salisbury Steak Mashed Potatoes Gravy Mixed Vegetables Diced Peaches, Milk	<b>9</b> Tuna Casserole with Noodles & Mixed Vegetables Wheat Roll Yogurt, Juice, & Milk
<b>12</b> Beef Lasagna Italian Vegetables Wheat Roll Orange, Milk	<b>13</b> BBQ Chicken Creamed Spinach Western Corn Wheat Roll Apple Sauce, Milk	<b>14</b> Beef & Cheese Enchilada Tomato & Zucchini Aztec Rice Diced Peaches, Milk	<b>15</b> Baked Ziti with Italian Sausage Broccoli Wheat Roll Banana, Milk	<b>16</b> Herb Baked Cod Rice Pilaf Vegetable Blend Wheat Roll Yogurt, Juice, & Milk
<b>19</b> Chili Colorado - Beef Carrots Rice Corn Bread Banana, Milk	<b>20</b> Chicken Cacciatore Penne Pasta Lima Beans, Garlic Bread Apple Sauce, Milk	<b>21</b> Sloppy Joe - Beef Coleslaw Wheat Bun Tater Tots Diced Peaches, Milk	<b>22</b> Asian Chicken Stir fried Veggies Brown Rice Hawaiian Roll Orange, Milk	<b>23</b> Beef Pot Roast w/Potatoes, Carrots, Celery & Onions Peas, Wheat Roll Yogurt, Juice, & Milk
<b>26</b> Cheese Ravioli Marinara Sauce Broccoli Garlic Bread Orange, Milk	<b>27</b> Oven Fried Chicken Mashed Potatoes Pan Gravy, Collard Greens Wheat Roll Banana, Milk	<b>28</b> Salisbury Steak Boiled Potatoes Carrots Wheat Roll Peaches, Milk	<b>29</b> Baked Ham with pineapple Scalloped Potato Vegetable Blend Wheat Roll Fruit Cocktail, Milk	<b>30</b> Grilled Salmon Brown Rice Pilaf Broccoli Wheat Roll Yogurt, Juice, & Milk



**10 tips**  
Nutrition Education Series



**MyPlate MyWins**

Based on the Dietary Guidelines for Americans

## Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

**1 Make simple shifts**  
To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

**2 Whole grains can be healthy snacks**  
Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



**3 Save some time**  
Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

**4 Mix it up with whole grains**  
Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



**5 Try whole-wheat versions**  
Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

**6 Bake up some whole-grain goodness**  
Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

**7 Be a good role model for children**  
Set a good example for children by serving and eating whole grains every day with meals or as snacks.



**8 Check the label**  
Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word "enriched" is included in the grain name.

**9 Know what to look for on the ingredients list**  
Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," or "whole rye."

**10 Be a smart shopper**  
The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain **any** whole grain.







# Mizell Senior Center Marzo 2018 Menu



Lunes	Martes	Miercoles	Jueves	Viernes
<b>▲</b> = Dia de Alto Sodio			<b>1</b> Meatloaf Dinner Scalloped Potatoes Vegetal Invernal Panecillo Integral Durazno Picado, Leche	<b>2</b> Bacalao al Horno Arroz Integral Pilaf Zanahoria Panecillo Integral Yogurt, Jugo, Y Leche
<b>5</b> Chicken Tamale Pie Judias Verdes Churros Naranja, Leche	<b>6</b> Hamburguesa Lechuga y Tomate Barriles de Papa Ensalada de Col Manzana, Leche	<b>7</b> Pollo Parmesan Fideo Fettuccini Mezcla de Coliflor Panecillo Integral Banana, Leche	<b>8</b> Salisbury Steak Pure de Papa Gravy Vegetal Mixto Diced Peaches, Leche	<b>9</b> Caserola de Tuna con Fideos Y Vegetal Mixto Panecillo Integral Yogurt, Jugo, Y Leche
<b>12</b> Lasagna de Res Vegetal Italiano Panecillo Integral Naranja, Leche	<b>13</b> Pollo BBQ Crema de Espinacas Western Corn Panecillo Integral Pure de Manzana, Leche	<b>14</b> Enchiladas de Res y Queso Tomato & Zucchini Aztec Rice Durazno Picado, Leche	<b>15</b> Baked Ziti with Italian Sausage Broccoli Panecillo Integral Banana, Leche	<b>16</b> Bacalao al Horno Arroz Pilaf Mezcla Vegetal Panecillo Integral Yogurt, Jugo, Y Leche
<b>19</b> Chili Colorado - Res Zanahoria Arroz Pan de Elote Banana, Leche	<b>20</b> Pollo Cacciatore Pasta Penne Habas Pan de Ajo Pure de Manzana, Leche	<b>21</b> Sloppy Joe - Beef Ensalada de Col Bollo Integral Barriles de Papa Durazno Picado, Leche	<b>22</b> Asian Chicken Stir fried Veggies Arroz Integral Panecillo Hawaiiiano Naranja, Leche	<b>23</b> Beef Pot Roast c/Papas, Zanahoria, Apio, Y Cebolla, Chicharos Panecillo Integral Yogurt, Jugo, Y Leche
<b>26</b> Ravioli de Queso Salsa Marinara Broccoli Pan de Ajo Naranja, Leche	<b>27</b> Pollo Frito al Horno Pure de Papas Pan Gravy, Collard Greens, PanecilloIntegral Banana, Leche	<b>28</b> Salisbury Steak Boiled Potatoes Zanahorias Panecillo Integral Durazno, Leche	<b>29</b> Jamon al Horno c/Piña Scalloped Potato Mezcla Vegetal Panecillo Integral Coctel de Fruit, Leche	<b>30</b> Salmon a la Parrilla Arroz Integral Pilaf Broccoli Panecillo Integral Yogurt, Jugo, Y Leche



United States Department of Agriculture

**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
Dietary  
Guidelines  
for Americans

## Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

**1 Make simple shifts**  
To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

**2 Whole grains can be healthy snacks**  
Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



**3 Save some time**  
Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

**4 Mix it up with whole grains**  
Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



**5 Try whole-wheat versions**  
Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

**6 Bake up some whole-grain goodness**  
Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

**7 Be a good role model for children**  
Set a good example for children by serving and eating whole grains every day with meals or as snacks.



**8 Check the label**  
Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word "enriched" is included in the grain name.

**9 Know what to look for on the ingredients list**  
Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," or "whole rye."

**10 Be a smart shopper**  
The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain **any** whole grain.

